

# Useful.

Thriving in a cold and infinite universe where everything is done better, cheaper, and faster by robots

## A Sensual Experience

We commonly think of the five senses—touch, taste, smell, sight, hearing—but did you know there are many more than that? For example, a sense of balance and acceleration, the ability to feel when someone is looking at us, the sense of time, the detection of temperature. What are your sensual strengths? Take a moment, as often as possible, to feel what's happening in the world around you.

## Taste

salt water toothpaste white wine apricots postage stamp asparagus

spicy sweet savory licorice **Smell** grass hot asphalt detergent people

pancakes fresh paint old books old milk lavender sex **Time** forever

short meeting all day just a sec any day now tonight tomorrow busy free time

too soon a million years **Hearing** loud louder rhythm harmony

whisper song silence humming leaves in the breeze birdsong guitar rain

**Movement** accelerating taking off falling riding a bike hopscotch

dancing yoga somersault spinning **Sight** into the distance beautiful

flower blossoming colorful contrast blurry striped shadow photography he

looks tired you look happy shiny eye contact **Touch** corduroy water

petting a cat bed sheets hug sponge vibrate mode knock on wood hard as a rock

kiss **Temperature** snow hot shower warm socks refrigerator

reheat open the window ceiling fan heat wave melting ice t-shirt weather

## BONUS:

Synesthesia is a phenomenon of mixed senses—for example, to taste the color blue. Take any sensual experience, and try to use and combine more senses to arrive at a richer reading of a situation.



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